

For Your Health

Trail Walk

Join Alissa for a trail walk at the Old Reservoir on Thursday **September 18 at 1:00 PM**. We



will meet at the parking area in the back of the Shawsheen Cemetery. This will be a 1 mile + walk with some uneven ground, so please wear appropriate footwear. Please call the Bedford Council on Aging at (781) 275-6825 to register by September 17.

Clap Your Hands Workshop

Do your hands hurt? This workshop is for painful, stiff hands and fingers. Learn self-care techniques to manage hand pain and improve movement. This 4-week workshop will begin on September 9 and will meet on Tuesdays from 11:00 AM -12:00 PM. This workshop is \$76 (Members of OsteoFitness \$60). Several sessions may be needed to experience the full benefits. Please bring your favorite lotion and remove as much jewelry as comfortable. Please register in advance by calling the COA at (781) 275-6825. *Beverley Ikier is the hand therapist for many of Boston's professional musicians, as well as students of music at BU's College of Fine Arts.*



The Relationship between Oral Health and General Health

Wednesday September 10 at 7:00 PM

Presented by

Andrea Richman, DMD past president of the Massachusetts Dental Society and General Dentistry practice in Carlisle

Wasseem Attar, DMD graduate of Tufts University School of Dental Medicine and Dentistry practice in Bedford

Please register by calling (781) 275-6825

Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes • Thursdays beginning at 9:00 AM
Please call for an appointment 781-275-6825

Preventing Pneumonia

Tuesday, September 16, 10:30 AM

Pneumonia is an infection of the lungs and can be caused by a variety of organisms such as bacteria, viruses, and fungi. Pneumonia can be serious for infants, young children, and people older than 65. In addition, people with underlying health problems are often developed complications with pneumonia. 1/3 of the pneumonia cases in U. S. are caused by respiratory virus among which the flu virus is the most common cause of viral pneumonia in adults. You are invited to join Joyce Cheng, the Community Health Nurse for a presentation and discussion on preventing pneumonia, building up your immune system and information on vaccines.

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Health Screenings

Podiatry Clinic: Friday, September 12

Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Nurse's Hours: Friday, September 12 and Monday September 22 Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesday September 9** at 10AM and **Wednesdays September 3 and 17** beginning at 2 PM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Rogers Hearing Solutions will be here on **Tuesday, September 9** at 9:30 AM. Joe Sarofeen of Apex Hearing will be here on **Thursday, September 18** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need to Know

Friends of the Bedford Library Fall Book Sale

Friday, September 19 from 1:00-5:00; Saturday, September 20, from 10:00 to 4:00. On Sunday, September 21 from 1:00 to 4:00 there will be a bag sale of fiction and children's books for \$6/ bag of those not already sold on Friday and Saturday. The Book Sale is held rain or shine!

Misconceptions/Questions in Elder Law & Estate Planning

What is Elder Law? What are the most pressing estate planning issues of concern to elders and their families? What are the essential estate planning documents every family should know about? What is a health care proxy and what is the significance of having one or not? What is a durable power of attorney? Attorney Dale J. Tamburro will present a FREE seminar which will clarify these and other misconceptions/questions on Wednesday, September 17 at 1:00 PM. Dale will also be offering three 45-minute individual consultations that day beginning at 9:00 AM. Please call the Council on Aging at (781) 275-6825 to register for the seminar or to make an individual appointment.

Home Safe Home: Monday September 22 at 1:00 PM

The Home Safe Home program sponsored by Home Instead Senior Care and Contractor John Natale will answer all your questions on concerns about your home safety. We will discuss how to perform safety checks, provide a tool kit created by Home Instead Senior Care, discuss simple modifications, the Home Modification Loan Program and Adaptive Devices. Please register for this program by calling the COA at (781) 275-6825.

To Renovate or To Sell? Wednesday September 10 at 10:00 AM

Let the experts help you make your decision! Speakers will include:

- *Coldwell Banker Real Estate Advisors
 - *Canary – selling unwanted items
 - *Smooth Transitions of MA – packing & organizing
 - *Sampson Brothers Landscaping - Curb Appeal
- Light refreshments will be served. Registration is required by calling the Council on Aging at (781) 275-6825.



Help shape the *Playscape at Ripley*, a universally-accessible nature-based park and playspace being built in Concord!

The Playscape will have features for all ages and abilities, and we are looking for Bedford & Concord seniors to help fine tune the elements for senior visitors through a focus group. The group will take place on Thurs, Sept. 25, from 10 a.m.-12 p.m. (rain date: Tues, Sept.30) at the Playscape at 120 Meriam Road, Concord (at the Concord Public Schools Administration Building). Visit the Playscape, meet the project architect, and share your thoughts about what elements for seniors you'd like to see in this special space. To register, contact Concord Children's Center Executive Director Pat Nelson on (978) 369-3747 or at executive@concordchildrenscenter.org. For more information about the Playscape, please visit www.ripleyplayscape.org.



Options for Downsizing: How to Stay Local

Monday, September 15 at 10:00 AM

Tired of taking care of your house or big yard, and not sure how to downsize while staying close to the people and places important to you? This 1-hour discussion lead by Suzanne Schmuhl Koller of Suzanne & Company – Keller Williams Realty explores options for downsizing while remaining in the Bedford area, including condos, smaller homes, apartments, co-living arrangements, in-law additions, and local assisted living options.

Hazards in the Home: A Life Safety Lesson for Older Adults



Did you know that falls are the leading cause of injury for older adults? Join Fire and Life Safety Educator Nick Anderson on Wednesday Sept. 17 at 8:30 AM to learn about potential hazards in your home and some tips on how you can prevent injuries. Nick will also be serving his famous Pancakes for breakfast. Please register by calling the COA at (781) 275-6825.

A Survival Guide for the Sandwich Generation: Balancing Work, Family & Caring for Your Aging Parents Tuesday September 16 • 5:30-7:30 PM

Over 14 million working Americans struggle to manage professional and familial responsibilities while caring for their aging parents. Join us for a free seminar to learn how the "sandwich generation" can bring balance to their lives. Registration is required as space is limited. Please call the Council on Aging at (781) 275-6825 or email coa@vbedfordma.gov.

Presented by Jo-Ann Thibault
The Elder Insider, LLC

THE COMPUTER CORNER

Computer Club

Meetings will continue on the 1st Wednesday of each month through the summer. A round table discussion will be held on **Wednesday September 3 at 10:00 AM.**

Computer Drop-In

All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 beginning Sept. 16 to help those with questions about any aspect of computer use.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com.